



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #142

Solo - How to Be Consistent

Consistency is hard. You're pulled in a million different directions. You wish there was more time in the day. It seems like everyone needs a piece of your time. You're already going 100 miles an hour and getting 100 things done through the day but it's often at the expense of the thing you know you need to be doing. Working out. Spending time with your kids. Reading. Getting to bed on time.

You know consistency is the one thing standing between you and the success that you want.

So, how do you get it? What are the tips, tricks, tools, and tactics that elite performers use to be consistent so that they can achieve what they want in life?

In this episode, I reveal nine powerful strategies and tactics that you can use starting today to find the consistency that you're seeking.

Give it a listen or grab the action plan now.

Quotes

"Plan tomorrow, today."

"If you commit to something, there's this magic that happens and you do it every day."

About What you Need to Do to be More Consistent

- 1) **Get Clear:** Get clear on what it is that you want to be consistent on and why.
- 2) **Write Your Goals:** Taking it to the next step and writing down your goals. If you've written them, you're more accountable.

- 3) **Use Reminders:** Using reminders through your phone, your e-calendar or paper calendar, or old-fashioned post-its to make sure you do things and be consistent.
- 4) **Create Routines:** Creating routines so that you do the same things on a daily, weekly or monthly routine.
- 5) **Reduce Friction:** Reduce friction so that it's easier for you to be consistent. For example, if you want to work out more consistently in the morning, one of the things you can do to reduce friction is lay out your workout clothes the night before.
- 6) **Welcome Accountability:** If you want consistency, welcome accountability into your life. It's scary, hard and a commitment, but it'll help you be consistent. Find an accountability partner who wants to do the same thing as you and connect with them. Or get a coach, somebody who can hold you accountable.
- 7) **Commit:** Commit to something. Commit to a SIDCHA. Commit to running a marathon. Dr. Gilbert committed to himself to doing the Success Hotline every day.
- 8) **Create Belief:** Creating a belief that what you want is possible. That the action you want to be consistent doing is going to create the outcome that you know it could. You do this through positive self-talk, visualization, journaling, hiring a coach, a cognitive conversion.
- 9) **Just do it.** Mechanically do the thing, whatever the thing is that sucks that you don't want to do, just do it. We wait for momentum, emotion, until we feel like it, but we've got to do it when we don't feel like it. Peel off the band-aid and do the thing.

About SIDCHA

"One of the things that we do each month in the private Facebook group for all of the folks that signed up for my program, Reveal Your Path is a SIDCHA, which is a *Self-Imposed Daily Challenging Healthy Activity*. The term was coined by Josh Spodek. He says, 'You don't do this because you're disciplined. You become disciplined because you do this.' He does this every day. He does burpees every single day, without fail, and he's up to 52 a day. So every month we pick a new SIDCHA and this makes us disciplined."

Productive Pause

<http://jimharshawjr.com/productive-pause/>

Five-Minute Journal

Amazon:

<https://www.amazon.com/Five-Minute-Journal-Happier-Minutes/dp/0991846206>

App: <https://www.intelligentchange.com/pages/five-minute-journal-app>

Success Hotline

973-743-4690

Episodes Referred

Josh Spodek: www.jimharshawjr.com/58

www.jjimharshawjr.com/89

Dr. Rob Gilbert: www.jimharshawjr.com/33

Cognitive Conversion (solo): www.jimharshawjr.com/139